

## Cabbage Beef Soup100

Number of Servings: 100 (245.31 g per serving)

Amount	Measure	Ingredient
10.00	lb	Beef, ground, extra lean, raw
2 1/2	qt	Onion, yellow, fresh, chpd
5.00	qt	Cabbage, fresh harvest, fresh, shredded
7 1/2	qt	Tomatoes, red, fresh, year round avg, chp
2 1/2	gal	Beans, pinto, mature, ckd
5.00	qt	Water, tap, municipal
2 1/2	tsp	Salt, table, iodized

### Nutrients per serving

## Nutrition Facts

Serving Size (245g)  
Servings Per Container

Amount Per Serving

**Calories 170**    **Calories from Fat 20**

% Daily Value\*

**Total Fat 2.5g**    **4%**

**Saturated Fat 0.5g**    **3%**

**Trans Fat 0g**

**Cholesterol 25mg**    **8%**

**Sodium 95mg**    **4%**

**Total Carbohydrate 22g**    **7%**

**Dietary Fiber 7g**    **28%**

**Sugars 2g**

**Protein 16g**

**Vitamin A 10%**    • **Vitamin C 25%**

**Calcium 4%**    • **Iron 15%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Instructions

Brown lean ground beef with onions, add other ingredients and cook just until cabbage is tender. OR, add other ingredients except for cabbage and simmer, covered, adding cabbage and bring to boil and simmer for 15 minutes. Serve.

1+ cup (8-9 oz) = 1 serving = 1 1/2 CS

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

#### Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

#### Holding :

- Hold for hot service at an internal temperature of 135 F or higher.